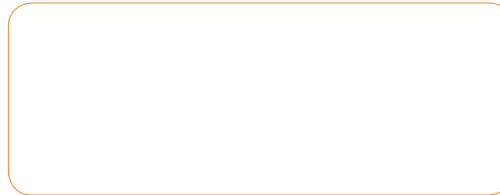


Do You Have Diabetes and Want To:

- Improve your blood sugar and A1c levels?
- Better manage your cholesterol numbers and blood pressure?
- Save money on diabetes supplies?
- Learn skills to manage your diabetes and be able to do the things you enjoy?

Ask Your Doctor for a Referral!

Ask your doctor for a referral to Diabetes Self-Management Education today! Or find a Diabetes Self-Management Education program near you by going to LivingWell.Utah.gov



DSME

DIABETES SELF-MANAGEMENT EDUCATION

YOU CAN
THRIVE
WITH DIABETES



Diabetes Self-Management Education (DSME) will provide you with resources and skills to help you learn how to manage your diabetes and be as healthy as possible. DSME focuses on seven self-care behaviors:

- Healthy eating
- Being active
- Monitoring
- Taking medication, if applicable
- Problem solving
- Healthy coping
- Reducing risks

You will work one-on-one with a diabetes educator, as well as receive group support from other individuals who are also living with diabetes. DSME is covered by most insurances and offers flexible times that are most convenient for you and your family.

Diabetes Educators

A Diabetes Educator is an individual who has specialized training, and often, has a personal connection to diabetes, so they understand what you are going through. A diabetes educator can help you successfully manage all aspects of your diabetes and put the skills you learn into practice. Diabetes can be an overwhelming and difficult disease to manage. A diabetes educator will work with you to design a specific plan that meets you where you are at and provides the tools and support you need.

The Best Times for Diabetes Education Are:

- When you are diagnosed with diabetes
- As part of your annual check-ups
- When new complications or questions arise
- If you make any changes to your healthcare team or treatment (i.e. switching doctors)

Diabetes Education Works!

Studies show that individuals who participate in diabetes education can experience lower blood sugar, lower A1c levels, and decreased blood pressure and cholesterol levels. Diabetes education has also shown to help increase self-esteem, coping abilities, and the ability to successfully manage diabetes.

